



Free webinars and tools to help you through the pandemic

Resources to support your well-being, upcoming webinars

Do you want to learn about financial and mental health resources that can help you during these changing times? Join Canada Life representatives for **Resources to support your well-being**. These free and informative webinars will focus on services and support available through the Credit Counselling Society and Workplace Strategies for Mental Health.

- Thursday, May 28 at 7:30 p.m. ET (English): [Join the webinar here](#)
- Friday, May 29 at 11 a.m. ET (English): [Join the webinar here](#)
- Friday, May 29 at 2 p.m. ET (French): [Join the webinar here](#)
- Monday, June 1 at 11 a.m. ET (French): [Join the webinar here](#)

These webinars will be offered as Microsoft Teams Live events. Presentations will take up to an hour and you'll be able to submit questions through the Q&A feature. If you plan to join on your mobile device, make sure you've downloaded the Teams app before clicking the link that lets you join.

We'd love to hear your feedback

Please share your feedback by completing [this short survey](#) following the webinar you attend.

COVID-19 and your savings, webinar recording

Were you unable to attend the webinar, **Managing your savings in volatile markets**? There's still time to watch Canada Life representatives share savings strategies and tips on weathering market volatility. This webinar can help you feel more prepared for market swings and understand how to stay focused on your long-term savings goals. [Watch the webinar now.](#)

You can also check out [this video](#) to see how GRS Access can help you stay close to your group retirement and savings plan.



Share your feedback

If you attended the webinar and want to share your feedback, we'd love to hear from you. Tell us what you think in this [short survey](#).

Flatten your anxiety curve, webinar recording

If you missed the May 4th webinar, ***May the 4th be with you—Flatten your anxiety curve***, you can still check it out! Questions and tips about coping with the reality of life in the time of COVID-19 were covered during this webinar. [Click here](#) to watch. This is a Microsoft Teams Live event. Make sure you've downloaded the Teams app before clicking the link.

Visual reminders to care for your mental health

Workplace Strategies for Mental Health created seven posters to help support your mental well-being. They're available for you to [download](#), print and display in your home and office. Choose the ones that speak to you and check out more supporting resources at workplacestrategiesformentalhealth.com.

The information in this NewsLine shouldn't take the place of, or be a substitute for, medical advice or official guidance and/or direction issued by your public health authorities or local government. We encourage you to visit the World Health Organization website and your local government health authority websites for the most up-to-date and reliable information about the status of the coronavirus in your region.